



NATIONAL CENTERS OF
EXCELLENCE
IN WOMEN'S HEALTH

Eating Disorders

May 2000

OFFICE ON WOMEN'S HEALTH
U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES

The National Centers of Excellence (CoEs) in Women's Health were established in 1996 by the Office on Women's Health within the U.S. Department of Health and Human Services. The CoE designation was awarded competitively to leading academic health centers across the U.S. and Puerto Rico. These Centers are implementing a new model of women's health that unites the latest advances in women's health research, medical training, clinical care, public health education, community outreach, and the career advancement of women in the health sciences. Their purpose is to establish standards of excellence for a comprehensive, multi-disciplinary, and culturally competent approach to women's health. Their ultimate goal: to improve the health status of diverse women across the life span.

Eating disorders are one of the key health issues facing young women. Studies in the last decade show that eating disorders and disordered eating behaviors are related to other health risk behaviors, including tobacco use, alcohol use, marijuana use, delinquency, unprotected sexual activity, and suicide attempts. Currently, 1-4% of all young women in the United States are affected by eating disorders. Anorexia nervosa, for example, ranks as the third most common chronic illness among adolescent females in the United States.

This pamphlet highlights activities and programs at the CoEs that address eating disorders.

Research

- ◆ Center: Boston University

Contact: Boston University Center of Excellence, 617-638-8035

The Women's Health Unit conducts a range of health services research on women's health issues including eating disorders. The group has evaluated a number of clinical protocols in women's health and has demonstrated the ability to translate these findings in the clinical practice of the CoE. Methodologies of investigation include secondary analyses of administrative databases, surveys of patient and physician attitudes and practice, experimental designs to assess bias in physician attitudes using standardized videotapes, and medical education evaluations.

- ◆ Center: University of California, San Francisco

Contact: UCSF Center of Excellence, 415-885-7273

The UCSF CoE convened a disordered eating working group to discuss how to apply the COE model to improving the detection and treatment of disordered eating within UCSF Women's Health. The working group began its process by conducting a literature review, and then proceeded to make recommendations for improving detection and treatment in the primary care setting. The working group focused its attention on identifying appropriate screening questions, developing an educational program for patients, and identifying referral resources.

- ◆ Center: Harvard University

Contact: Harvard Center of Excellence, 617-732-8798

The Harvard Eating Disorders Center is a national non-profit organization dedicated to research and education. The mission of

the Center includes finding new knowledge to better understand eating disorders, their detection, treatment and prevention and to share that knowledge with the community-at-large. At the heart of the Center is the healthy development of children, women and all at risk.

◆ Center: University of Pennsylvania

Contact: University of Pennsylvania Center of Excellence, 215-898-0147

The Weight and Eating Disorders Program at U Penn conducts a wide variety of studies on the causes and treatment of weight-related disorders. More recently, the Weight and Eating Disorders Program has begun to offer professional services to the general public rather than only to participants in research studies. The program offers a wide variety of group and individual programs tailored to each individual's needs, all of which emphasize reasonable changes in both weight and behavior.

Clinical Care

◆ Center: Boston University

Contact: Boston University Center of Excellence, 617-638-8035

Provides extensive behavioral wellness programs that involve evaluation, education, and brief interventions around issues such as eating problems/disorders that can be found conjointly in urban and minority populations exposed to violence and trauma. This model embodies an assessment of life stress and self-care habits at the outset, and is aimed at risk reduction and improved health prevention through interdisciplinary team management and patient involvement.

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The UCSF CoE refers patients to the UCSF Department of Psychiatry, which offers a wide range of services for women with disordered eating including a specialized intake clinic, individual therapy, medication management, long-term group therapy specifically for women with bulimia, a time-limited (seven session) cognitive-behavioral therapy group for women with bulimia, and both inpatient and partial hospitalization management when indicated. Working with Adolescent Medicine, consultations are provided to adolescent girls with eating disorders.

◆ Center: University of Illinois at Chicago

Contact: UIC Center of Excellence, 312-413-1924

The Office of Psychological Services (OAPS) in the Department of Psychology at provides the psychological component of an interdisciplinary treatment for obesity offered at the Nutrition and Wellness Center directed by Dr. Charles Baum at the UIC Medical Center. The Office of Applied Psychological Services

also intermittently offers group treatment for bulimia nervosa.

◆ Center: Indiana University School of Medicine

Contact: Indiana University School of Medicine Center of Excellence, 317-274-2754

The Indiana University School of Medicine CoE is in the process of developing a weight management center, and plans to add treatment for eating disorders for adult women with in the year. Presently an adolescent faculty member oversees the eating disorders center at Riley Children's Hospital.

◆ Center: Magee Women's Hospital

Contact: Magee Women's Hospital Center of Excellence, 412-641-6003

Western Psychiatric Institute and Clinic and Magee Women's Hospital have been working together to provide behavioral health services to women and their families. Services provide mental health support across the life span including evaluation and treatment of eating disorders.

◆ Center: University of Pennsylvania

Contact: University of Pennsylvania Center of Excellence, 215-898-0147

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reasonable changes in both weight and behavior.

Compulsive Overeating Program offers both group and individual treatment for compulsive overeaters. During the first half of the program, the focus is on the causes and management of uncontrolled eating, not on weight loss. Once overeating is better understood and controlled, participants are instructed in reasonable weight control practices. This program is led by a psychologist and meets weekly for 26 weeks.

Patient Education and Outreach

- ◆ Center: University of California at Los Angeles

Contact: UCLA Center of Excellence, 1-800-825-2631

As part of their public education activities, the UCLA CoE presented a lecture on Women and Body Image.

- ◆ Center: University of California, San Francisco

Contact: UCSF Center of Excellence, 415-885-7273

The UCSF CoE working group on disordered eating designed a new patient education class entitled, Empower Yourself: An Interactive Class on Effective Strategies for Balanced Nutrition, Healthy Exercise, and Peace of Mind. This class focuses on issues related to eating, exercise, and body image. The class has been offered since September 1999 and is taught by a registered dietician, an exercise physiologist, and a psychiatrist. Each participant receives an individualized follow up telephone call from one of the class facilitators to discuss recommended next steps. This information is then sent back to the referring provider to ensure continuity of care. The working group designed a new referral form specifically for this class to facilitate communication between the class instructors and the referring provider. The

UCSF Women's Health Resource Center provides class registration, and maintains records of class participation and participant evaluations.

"The UCSF Women's Health Resource Guide to Disordered Eating, Treatment, Therapy and Support Services in the Bay Area" was compiled in the summer 1998. This publication provides information on the resources that are in place in the Bay Area for women and girls dealing with a form of disordered eating. The Guide has been distributed to care providers, coaches, school and college counselors, therapists, and community members; over 1,500 publications have been distributed.

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- ◆ Center: Indiana University School of Medicine

Contact: Indiana University School of Medicine Center of Excellence, 317-274-2754

The University of Indiana CoE is in the process of developing a state wide directory of eating disorders resources, and plans to help the Indiana State Department Health, Office of Women's Health develop their agenda.

◆ Center: Ohio State University

Contact: Ohio State University Center of Excellence, 614-293-2828

The Ohio State CoE sponsored “Eating Disorders: Issues for Women and Adolescents – October 28, 1999.” This conference brought together researchers, clinical directors, and advocates to discuss eating disorders and body image. The target audience for the conference included health care providers, youth, and women’s advocates, administrators, and community members.

OSU Body Image & Health Task Force is a multidisciplinary group of faculty, staff, and students at OSU whose purpose and goal is to raise awareness and educate the OSU community about body image issues, eating disorders, and related health issues. During the academic year, the Task Force meets once each month to discuss issues and plan events, including education outreach and multi-media exhibits.

◆ Center: University of Pennsylvania

Contact: University of Pennsylvania Center of Excellence, 215-898-0147

Penn Health for Women – Sponsors “The Right Weigh,” a women’s weight management program that focuses on the what, why and when of eating habits. The group program meets once a week for 10 weeks and is taught by a registered dietitian. Topics include: realistic and achievable goals, cholesterol, fat and fiber, dining out without guilt, cooking and shopping tips, reading food labels benefits of exercise, maintaining your new weight, body image awareness, stress management.

Adolescent Gynecology at U Penn conducts nutrition and healthy eating meetings with teens and/or concerned parents of teens and sponsors “College Bound? Staying healthy at College” every year for high school juniors and seniors and their parents. Topics include: Avoiding the Freshman ‘15’ (extra pounds), Nutrition, and Staying Healthy. Faculty at U Penn also write a column for YM magazine on topics that include healthy nutrition and eating for teens.

Professional Training and Education

- ◆ Center: University of California, San Francisco

Contact: UCSF Center of Excellence, 415-885-7273

Women’s Mental Health Diagnostic Guides – Eating disorders and other related mental health illnesses have been targeted for attention at UCSF. To assist providers in understanding these issues and in meeting the needs of women patients with these conditions, women’s mental health diagnostic guides were developed for two priority areas: Depression and Disordered Eating

Residents and medical students rotating through Psychiatry at UCSF participate in a number of seminars regarding disordered eating in both adolescents and adults. In addition, faculty from the Department of Psychiatry has worked closely with the CoE to provide education for UCSF Women’s Health providers on this topic.

- ◆ Center: Indiana University School of Medicine

Contact: Indiana University School of Medicine Center of Excellence, 317-274-2754

The University of Indiana CoE is planning the development of a web based CME for primary care providers regarding the care of women with eating disorders.

◆ Center: MCP Hahnemann University

Contact: MCP Hahnemann University Center of Excellence,
215-842-7041

The MCP Hahnemann CoE has developed an eating disorder curricula for medical students for both the problem-based program as well as the symptom-based track. The curricula are each presented in a 3-hour lecture. The curricula include learning objectives, epidemiology and changing demographics of women with anorexia nervosa and bulimia, psychosocial and cultural influences, co-morbidities, clinical manifestations, treatment options, complications and prognosis.

◆ Center: University of Michigan

Contact: University of Michigan Center of Excellence, 734-763-0984

The University of Michigan Women's Center offers History 520/ Women's Studies 481 – Girl Youth: Their Bodies, Identities, and Pregnancies: a four week, one credit mini-course for graduate students in Ls&A, Public Health, and Nursing. This class explores key issues in “girls' studies” from the perspective of history, sociology, psychology, medicine, and public health. A focus on comparing and finding common ground among the medical and public health literature on topics such as adolescent body image and self-esteem is included.

◆ Center: Ohio State University

Contact: Ohio State University Center of Excellence, 614-293-2828

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Contact: University of Pennsylvania Center of Excellence, 215-898-0147

Year One Nutrition Spring Elective Seminar/ID 166—Current Concepts in Nutrition and Health. This is a seminar course at the University of Pennsylvania School of Medicine that includes six classes, each consisting of three hours of didactic instruction. Each session will include presentations and didactic demonstrations where students participate and obtain “hands-on” experience. Clinical cases and actual patients will be used to demonstrate the material. Topics addressed in the course include current trends in eating disorders.

◆ Center: Wake Forest University

Contact: Wake Forest University Center of Excellence, 336-(336) 713-4220/713-4220

WF CoE faculty member has taught health care providers how to better identify patients with eating dysfunction. As part of its

Women's Health Seminar Series, the WF CoE presented a lecture, "Eating Disorders: Clinical Manifestations of Eating Dysfunction." The goal of this presentation was to teach health providers how to better identify patients with eating dysfunction.

The Women's Health rotation elective at Wake Forest includes competency training on eating disorders. Residents learn how to recognize and diagnose different types of eating disorders. They learn to understand the medical complications that may result from the untreated condition and become familiar with techniques used to treat the disorders. Residents are required to spend 1.5 days each week during the rotation observing counseling sessions for patients with eating disorders.

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Boston University Medical Center, Phone: 617-638-8035,
Internet: www.bmc.org/coewh/

University of California, Los Angeles, Phone: 800-825-2631,
Internet: www.med.ucla.edu/womens/

University of California, San Francisco, Phone: 415-885-7273,
Internet: www.itsa.ucsf.edu/~ucsfcoe/

Harvard University, Phone: 617-732-8798,
Internet: www.hmcnet.harvard.edu/coe/

University of Illinois at Chicago,
Phone: 312-413-1924, Internet:
www.uic.edu/orgs/womenshealth/index.html

Indiana University School of Medicine, Phone: 317-274-2754,
Internet: www.iupui.edu/~womenhlt/

Magee -Womens Hospital, Phone: 412-641-6003,
Internet: www.magee.edu/cewh2.htm

MCP Hahnemann University,
Phone: 215-842-7041, Internet:
<http://www/mcphu.edu/institutes/iwh>

University of Michigan, Phone: 734-763-0984,
Internet: [www.med.umich.edu/whrc/
ctr.excel.html](http://www.med.umich.edu/whrc/ctr.excel.html)

Ohio State University, Phone: 614-293-6937,
Internet: www.osumedcenter.edu/women/

University of Pennsylvania, Phone: 215-898-0147,
Internet: www.obgyn.upenn.edu/cewh/

University of Puerto Rico, Phone: 787-753-0090,
Internet: www.rcm.upr.edu/2klwhc

Tulane University and Xavier University of Louisiana,
Phone: 504-585-6156, Internet: www.tulane.edu/~tuxcoe/

Wake Forest University, Phone: 336-713-4220,
Internet: www.wfubmc.edu/women/

University of Washington, Seattle,
Phone: 206-598-8986, Internet:
www.depts.washington.edu/~uw98coe/

University of Wisconsin, Madison, Phone: 608-267-5566,
Internet: www.womenshealth.wisc.edu/

Yale University, Phone: 203-737-5820, Internet:
<http://info.med.yale.edu/womenshealth/>

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NATIONAL CENTERS OF EXCELLENCE IN WOMEN'S HEALTH

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